

Live More



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 The Hearth at Gardenside Senior Living				LIVE MORE DIRECTOR Linda Capaubo LIVE MORE COORDINATORS Catherine, Clive, Emily, Jayla, Mara, Maryann, Shirley, Teryn, Tulie and Zenia CHAUFFEUR Robert Hohman	MAY All Your Weeds Be Wildflowers 	
 LIKE US ON facebook www.facebook.com/TheHearth/	SHOPPING DAY (MONDAY) 10:00 A.M. DEPARTURE TO DOLLAR TREE & BIG Y 2:00 P.M. DEPARTURE TO WALMART	28th ANNUAL NATIONAL SENIOR HEALTH & FITNESS DAY 2.0.2.1 HELD ON "MAY 26" "Life is Better in Motion!"			 With Honor & Gratitude We Remember	1 MAY DAY / KENTUCKY DERBY 9:45 Celebrating May Day Puzzle - GR 10:15 FitXpress - Chair Pilates - (International Pilates Day) - GR 11:00 Mixed-Up May Day Fun - GR 1:00 History of the Kentucky Derby on YouTube - (Kentucky Derby Day) - GR 1:30 Off to the Races Puzzle - GR 2:00 Sing Along with Susie Q (Grandma's Parlour) - GR 3:00 Bingo - GR 6:15 Movie - GR
2 10:00 Televised Mass - (Channel 9 or 11) - GR 2:00 Matinee - GR 6:15 Movie - GR	3 SHOPPING DAY 9:45 Joe DiMaggio YouTube Video - (Joe's MLB Debut Anniversary - 1936) - GR 10:30 LifeLong Therapeutics Fitness Program - GR 11:15 Giant Crossword Puzzle - GR 1:00 Walking Group - Meet in the Game Room 2:15 Bingo - GR 3:30 Social Hour - GR 6:15 Movie - GR	4 NATIONAL TEACHER DAY 9:45 Small Words in the Big Word - GR 10:15 Music 'n Motion - GR 11:00 Wii Wheel of Fortune - GR 1:00 Audrey Hepburn YouTube Video (Birth Anniversary 1929-1993) - GR 2:00 RendeveLive Virtual Reality - (Zen Places Worldwide) - GR 2:45 Playing Card Bingo - GR 3:30 Social Hour - GR 6:15 Movie - GR	5 CINCO DE MAYO 9:45 Cinco de Mayo Trivia - GR 10:15 Cinco de Mayo Mining - GR 11:00 Cinco de Mayo on YouTube - GR 1:00 Herbs Categories - GR 1:30 Everybody Knows! - GR 2:00 Scenic Ride 2:15 Wii Bowling - GR 2:45 Alan Shepard YouTube Video - (First American in Space Anniversary - May 5, 1961) - GR 3:30 Social Hour - GR 6:15 Movie - GR	6 9:45 Giant Crossword Puzzle - GR 10:30 LifeLong Therapeutics Fitness Program - GR 11:30 Mixed-Up Restaurant - GR 1:00 Linkee and Odd Couples Puzzle - GR 2:00 Scenic Ride 2:00 RendeveLive Virtual Reality - (Mexico) - GR 2:45 Walking Group - Meet in the Game Room 3:30 Social Hour - GR 6:15 Movie - GR	7 9:45 Tap Dancing Puzzle - GR 10:15 Sing Along with Susie Q (Movie Magic) - GR 11:00 Name That . . . ! Person, Place, Thing . . . - GR 1:00 Bingo - GR 2:15 Wii Bowling - GR 3:00 Garden of Weedin' Trivia - GR 3:30 Social Hour - GR 6:15 Movie - GR	8 9:45 Talking about Mother's Day and Happy Mother's Day Word Unscramble - GR 10:15 Move & Groove with Susie Q - GR 11:00 Wackie Wordies and Word Pictures on the White Board - GR 1:00 Wii Wheel of Fortune - GR 2:00 Small Words in the Big Word - GR 3:00 Bingo - GR 6:15 Movie - GR
9 MOTHER'S DAY 10:00 Televised Mass - (Channel 9 or 11) - GR 2:00 Matinee - GR 6:15 Movie - GR	10 SHOPPING DAY 9:45 World's Oceans YouTube Videos - (Mother Ocean Day) - GR 10:30 LifeLong Therapeutics Fitness Program - GR 11:30 Keep Your Brain Young - GR 1:00 Walking Group - Meet in the Game Room 2:15 Bingo - GR 3:30 Social Hour - GR 6:15 Movie - GR	11 9:45 22 Interesting Facts about Irving Berlin - (Birth Anniversary - 1888-1989) - GR 10:15 Irving Berlin YouTube Video - GR 11:00 Music, Memories and Motion - GR 1:00 Balloon Volleyball - GR 2:00 Nick Fradiani Performs on the Patio 3:30 Social Hour - GR 6:15 Movie - GR	12 INTERNATIONAL NURSES DAY 9:45 About Nurses on YouTube - GR 10:15 Giant Crossword Puzzle - GR 11:00 Florence Nightingale YouTube Video - (Birth Anniversary - 1820-1910) - GR 1:00 Shuffleboard on the Patio 2:00 Scenic Ride 2:15 Wii Bowling - GR 3:00 Garden Club - Garden Patio 3:30 Social Hour - GR 6:15 Movie - GR	13 9:45 Stevie Wonder YouTube Video - (Birthday - 1950) - GR 10:30 LifeLong Therapeutics Fitness Program - GR 11:30 Word Teasers - (Old Wives' Tales) - GR 1:00 Sing Along with Susie Q (In the Mood) - GR 2:00 Scenic Ride 2:00 RendeveLive Virtual Reality - (The Life of Anne Frank) - GR 2:45 Walking Group - Meet in the Game Room 3:30 Social Hour / 6:15 - Movie - GR	14 9:45 Strengthen Your Mind - GR 10:15 Random Trivia - GR 11:00 Giant Crossword Puzzle - GR 1:00 Bingo - GR 2:15 Wii Bowling - GR 3:00 Sharks YouTube Videos (Fintastic Friday) - (Live Shark Cam at Monterey Bay Aquarium) - GR 3:30 Social Hour - GR 6:15 Movie - GR	15 ARMED FORCES DAY 9:45 Patriotic Trivia - GR 10:15 Patriotic Reminiscence Video - (Red, White and Blue) - GR 11:00 Mixed-Up Armed Forces, Military Pass It On and In the Military Puzzles - GR 1:00 Sing Along with Susie Q (America Sings!) - GR 2:00 Stars and Stripes Fitnessize - GR 3:00 Bingo - GR 6:15 Movie - GR
16 SHAVUOT BEGINS AT SUNDOWN 10:00 Televised Mass - (Channel 9 or 11) - GR 2:00 Matinee - GR 6:15 Movie - GR	17 SHOPPING DAY 9:45 Wii Wheel of Fortune - GR 10:30 LifeLong Therapeutics Fitness Program - GR 11:15 Giant Crossword Puzzle - GR 1:00 Walking Group - Meet in the Game Room 2:15 Bingo - GR 3:30 Social Hour - GR 6:15 Movie - GR	18 SENIOR CITIZENS DAY 9:45 Keep Your Brain Stronger For Longer - GR 10:15 Wellness through the Ages - GR 11:00 Small Words in the Big Word - GR 1:00 Tulips YouTube Videos - ("Tiptoe Through the Tulips" Tuesday) - GR 2:00 Michael Nigretti Performs on the Patio 3:15 Perry Como YouTube Videos - (Birth Anniversary - 1912-2001) 3:30 Social Hour - GR 6:15 Movie - GR	19 9:45 Senior Fitnessize - GR 10:30 Sing Along with Susie Q (Boots and Hearts) - GR 11:15 The Common Factor - GR 1:00 Balloon Volleyball - GR 2:00 Scenic Ride 2:15 Wii Bowling - GR 3:30 Social Hour - GR 6:15 Movie - GR	20 9:45 Jimmy Stewart YouTube Video - (Birth Anniversary - 1908-1997) - GR 10:30 LifeLong Therapeutics Fitness Program - GR 11:30 Giant Ragweed Mining - GR 1:00 Linkee and Who Wants to be a Millionaire on the White Board - GR 2:00 Scenic Ride 2:00 RendeveLive Virtual Reality - (Space Exploration) - GR 2:45 Walking Group - Meet in GR 3:30 Social Hour / 6:15 - Movie - GR	21 9:45 Train Categories - (Transportation Week) 10:15 "Weed" It Out Puzzle - GR 10:45 Floor Basketball - GR 11:30 Wacky Wordies - GR 1:00 Bingo - GR 2:15 Wii Bowling - GR 3:00 Planet Earth YouTube Videos - (Endangered Species Day) - GR 3:30 Social Hour - GR 6:15 Movie - GR	22 9:45 Fruit Categories - GR 10:30 Sherlock Holmes Puzzle - (Sir Arthur Conan Doyle Day - Birth Anniversary - 1859-1930) - GR 11:00 Sir Arthur Conan Doyle YouTube Video - GR 1:00 Music 'n Motion - GR 1:45 Mixed-Up Inventions Puzzle - (Inventors Month) - GR 2:15 Giant Crossword Puzzle - GR 3:00 Bingo - GR 6:15 Movie - GR
23 LIVE MORE WEEK MAY 24 - MAY 28 10:00 Televised Mass - (Channel 9 or 11) - GR 2:00 Matinee - GR 6:15 Movie - GR	24 SHOPPING DAY 9:45 Sing Along with Susie Q (50's Fun!) - GR 10:30 LifeLong Therapeutics Fitness Program - GR 11:30 Tabletop Air Hockey - GR 1:00 Walking Group - Meet in GR 2:15 Bingo and Ice Cream Sodas - GR 3:30 Social Hour - GR 6:15 Movie - GR	25 9:45 ElderSong Bingo - GR 10:15 Golf Putting on the Patio 11:15 Giant Crossword Puzzle - GR 1:00 Garden Club - Garden Patio 2:00 RendeveLive Virtual Reality - (Movement Potpourri) - GR 2:45 Wii Wheel of Fortune - GR 3:30 Social Hour - GR 6:15 Movie - GR	26 NATIONAL SENIOR HEALTH AND FITNESS DAY 9:45 Move & Groove with Susie Q - GR 10:45 Shuffleboard w/Josh on the Patio 11:30 Parachute Fun! on the Patio 1:00 Balloon Volleyball - GR 2:00 Scenic Ride 2:00 Bob Giannotti Performs on the Patio 3:30 Social Hour - GR 6:15 Movie - GR	27 RED NOSE DAY 9:45 Feel-Good Stories - (Smile Month) - GR 10:30 LifeLong Therapeutics Fitness Program - GR 11:30 Everybody Knows! - GR 1:00 Keep Your Brain Young - GR 2:00 Scenic Ride 2:00 RendeveLive Virtual Reality - (Musical Legends) - GR 2:45 Walking Group - Meet in the Game Room 3:30 Social Hour / 6:15 - Movie - GR	28 9:45 About Paul Newman - (Star of the Month) - GR 10:15 Encompass Health Blood Pressure Clinic and Presentation - GR 11:00 Giant Crossword Puzzle - GR 1:00 Bingo & Ice Cream Sundaes - GR 2:15 Wii Bowling - GR 3:00 Bermuda and the History of Bermuda Shorts YouTube Videos - (Bermuda Day) - GR 3:30 Social Hour / 6:15 - Movie - GR	29 9:45 Alphabetics - GR 10:15 Small Words in the Big Word - GR 11:00 Kwizniac and Mind Joggers - GR 1:00 Music, Memories 'n Motion - GR 1:45 Wii Wheel of Fortune - GR 2:15 From A to Z Trivia - GR 3:00 Bingo - GR 6:15 Movie - GR
30 — Indianapolis 500-Mile Race	31 — MEMORIAL DAY Patriotic Programs throughout the day					